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USD's University of the Third Age (USA) to Open Jan. 4

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NEWS RELEASE

UNIVERSITY OF SAN DIEGO



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FOR IMMEDIATE RELEASE

USD'S UNIVERSITY OF THE THIRD AGE (U3A)

TO OPEN JAN. 4

The University of the Third Age, a special program offered by the University of San Diego for persons over age 55 seeking intellectual stimulation and physical activity, will open its sixth year on January 4, 1984.

The three-week program, January 4 through January 19, is held Monday through Thursday, beginning at 8:30 a.m. with a physical fitness class at the USD Sports Center and continuing with classes held in the Philip Y. Hahn School of Nursing, room 106. The fee is \$45. Additional information and registration forms may be obtained by calling 619/293-4585.

"U3A is a program seeking to control the aging process by motivating people to make their retirement years useful and rewarding...to rekindle a zest for living. Older people want to stay young. Our purpose is to show them how to accomplish this," comments Continuing Education Director Malachi Rafferty.

Course topics in the upcoming session include nutritional quackery, mass media, the changing Bell family, protection of the great whale, the right to health care, wills and estates, San Diego's Convention center, the US/USSR armsrace, and medication use in the elderly. Faculty include assistant clinical professor of family medicine Mitsuo Tomita, M.D., UCSD; Dave Nielsen, assistant to the Mayor, City of San Diego; Harold Ward, M.D., associate professor of psychiatry, UCSD; Maxine Johnson, Pacific Telephone; and Peter Rios, Public Information Officer, San Diego County Water Authority. USD professors serving on the faculty include professor of philosophy Dennis Rohatyn, Ph.D.; assistant professor of speech Larry Williamson, Ph.D.; professor of religious studies Delwin B. Schneider, Ph.D.; associate professor of political science John Chambers, M.A.; assistant professor of philosophy Gary Jones, Ph.D.; and Director of the Mexico/U.S. Institute, Jorge A. Vargas, LL.B.

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Photography requested when classes begin. Interviews with participants will be arranged through Continuing Education, 293-4585.

12/12/83